

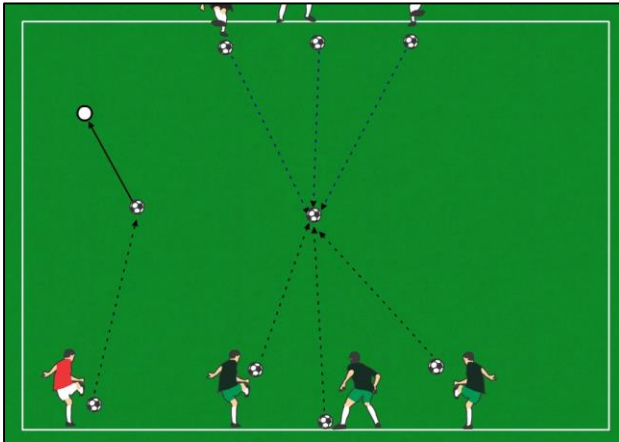


Core skill: Striking the ball

Difficulty level ★☆☆

# BOMBARD

## Beginning activity



Players are divided into two equal teams and stand on opposite sides of the playing area with a ball each.

There is a target ball placed in the middle of the area (this ball is a different size or colour)

Players pass their ball from their end line aiming to hit the target ball in the middle and move it across the opposition's by-line.

Remind teams not to kick all of their balls at once as they may need a ball in order to defend the oncoming target ball approaching their line.

**Set up:** In an area approximately 15m by 10m. Players have a ball each & 1-2 balls spare close by, with a different size or coloured ball as the target ball.